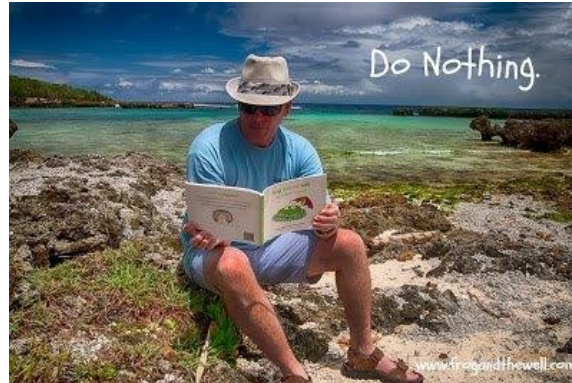


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## 4 GOOD REASONS TO DO NOTHING

*by Josh Langley*



We spend so much time running around trying to look busy for other people and then when we finish doing that, we still have to look busy to ourselves otherwise we might be considered lazy. It's all a load of hogwash we need to stop, low down and really do nothing to get back in touch with our true selves.

1. Doing nothing doesn't mean sitting on the couch mindlessly watching daytime TV, it means doing something that makes you feel relaxed, gives you mental space and slows down your heart rate. Like, gardening, watching the ocean, watching a movie, lying on the grass or getting a well-deserved massage. You could also include taking time to cook a meal from scratch, walking in nature or setting aside time for meditation are other ways of doing 'nothing'.
2. By being too busy, we miss the quiet of moments of inspiration that the universe is trying to send us. For example, lying under a tree is a great way to get inspiration for an idea. (and the tree appreciates it, too.)
3. There's actually nothing wrong with doing nothing, it's a belief cast upon us by society, so you can just choose to ignore it if you want. While everyone else is following the herd and 'looking busy', you can blaze your trail of implementing moments of relaxed nothingness and feel all the better for it.
4. It's good for your health to slow down, both physically and mentally. A calm mind leads to a calm body.

Don't feel guilty for doing nothing. You have to be strong in the face of social conditioning and stare down the people who look disapprovingly at you while you watch the flowers or wander aimlessly down a country lane but it's well worth it.



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